

Communication Cards

English / Hakha Chin

Version 2023 12up



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Breakfast



Thaithawh
thai-thawh

Breakfast



Thaithawh
thai-thawh

Breakfast



Thaithawh
thai-thawh

Lunch



Chuncaw
chun-kyaw

Lunch



Chuncaw
chun-kyaw

Dinner



Zanriah
zan-riah

Dinner



Zanriah
zan-riah

Fish



Nga
nga

Chicken



Arsa
r-sa

Beef



Cawsa
kyaw-sa

Lamb



Tusa
thu-sa

Pork



Voksa
vok-sa

Water



Ti
thee

Juice



Thingthei hang
thing-thei-haang

Tea



Lakphak
lak-phak

Sugar



Thanthling rang
thang-thling-raang

Milk



Cawnhuk
kyaw-hnuk

Coffee



Coffee
kaw-fi

Beer



Beer
beer

Wine



Mitsur zu
mit-sur-zu

Vegetarian



Tisikanhnah
thee-sic-an-hnah

Kosher



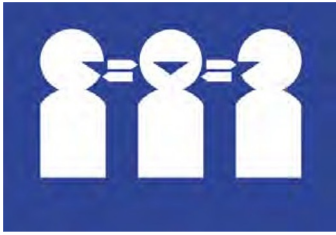
Ki le ke li ngei sa
ki-le-ke-li-ngei-sa

Halal



Muslim biaknak phung
tlinh in tuahmi sa
muslim-biak-nak-tlinh-
in-tuah-mi-sa

Interpreter



Holhlettu

holh-let-tu

Family



Chungkhat

chung-khar

Priest



Siangbawi/Pastor

siang-boy/pastor

Rabbi



Jew biaknak tlangbawi

jew-biak-nak-tlang-boy

Imam



Muslim biaknak tlangbawi

muslim-biak-nak-tlang-boy

Priest



Siangbawi/Pastor

siang-boy/pastor

Nurse



Sii saya/Mah

sii-sa-ya/mah

Doctor



Siibawi

sii-boy

Monk



Phungki

phung-ki

Physiotherapist



Taksa hmeih le tawngthamhnak
in zawtnak thlobbulh thiammi

tak-sa-hmeih-le-tawng-thamh-nak-
in-zawt-nak-thlob-bulh-thiam-mi

Massage



Hmehnak

hmeih-nak

Podiatrist



Ke lei zawtnak zohtu

ke-lei-zawt-nak-zoh-tu

Shower



Tikholhnak
thee-kholh-nak

Toilet



Zunput
zun-put

Wash Hands



Kut ttawl
kut-tawl

Clean Teeth



Ha ttawl
ha-tawl

Clean Room



Innkhan Thianh
inn-khan-thianh

Get Up



Thawh
thawh

Get Dressed



Thil i hruk
thil-e-hruk

Get Dressed



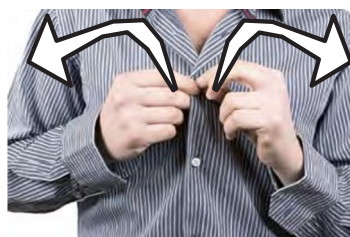
Thil i hruk
thil-e-hruk

Get Undressed



Thil i phoih
thil-e-phoih

Get Undressed



Thil i phoih
thil-e-phoih

Rest



I dinhnak
e-dinh-nak

Sleep



Ih
ih

Exercise



Pumcawlcanghnak
pum-cawl-cangh-nak

Activities



Cawlcanghnak pawl
kyawl-cangh-nak-pawl

Go for a Walk



Lamlen
lam-len

Go to the Garden



Dum ah kal
dum-ah-kal

Telephone



Phone
phone

Radio



Radio
radio

Music



Hla
hla

Film



Baisakop
bai-sa-kop

TV



TV
TV

Taxi



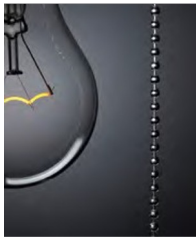
Taxi
taxi

Light On



Mei van
mei-van

Light Off



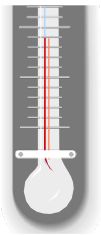
Mei hmih
mei-hmih

What Time?



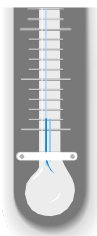
Suimilam zeizat a si?
sui-mi-lam-zei-zat-aa-si?

Hot



A sa/A lin
aa-sa/aa-lin

Cold



A kik
aa-kik

Like



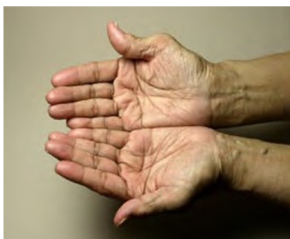
Duh
dhu

Dislike



Duh lo
dhu-lo

Want



Thil duh
thil-dhu

Don't Want



Thil duh lo
thil-dhu-lo

Book



Cauk

kya-uk

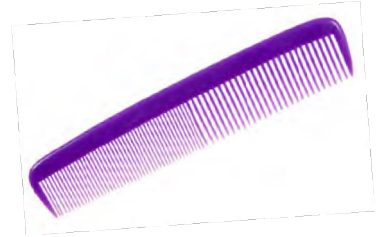
Glasses



Mithman

mit-hman

Comb



Samthih

sam-thih

Watch



Suimilam

sui-mi-lam

Jewellery



Hrukmi suingun chawva

hruk-mi-sui-ngun-chaw-va

Makeup



Ttamhnak

tamh-nak

Hearing Aid



Hnatheihnak seh

hna-theih-nak-seh

Dentures



Hadeu

ha-deu

Incontinence Pad



**Zun le ek thlohmi a
dawntu ihrukmi**

zun-le-ek-thloh-mi-a-
dawn-tu-e-hruk-mi

Tissues



Hnawhnak caku nem

hnawh-nak-kya-ku-nem

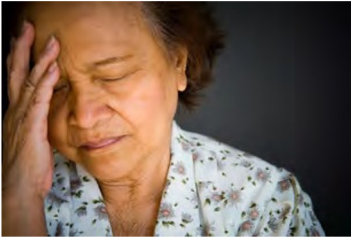
Pillow



Chantling

chan-tling

Pain



Fahnak

fah-nak

Pain Killer



Fah damnak sii

fah-dam-nak-sii

Medication



Sii dinding

sii-din-ding

Walking Stick



Thengthunh

theng-thunh

Walking Frame



**Lam kalnak
bawmtu kuttlah**

lam-kal-nak-bawm-tu-kut-tlah

Wheeled Walker



**Ke a ngeimi lam
kalnak bawmtu**

ke-aa-ngei-mi-
lam-kal-nak-bawm-tu

Wheelchair



Thutnak leng

thut-nak-leng

Umbrella



Nithawng

ni-thawng

Dressing Gown



**Zanih le tikholh lai/dih
tibantuk ah hrukmi angki fual**
 zan-ih-le-thee-kholh-lai/dih-thee-
ban-tuk-ah-hruk-mi-ang-ki-fual

Sleepwear



Zan ihnak
 zan-ih-nak

Slippers



Phanah
 pha-nah

Underwear



Bawngbi chungnawh
 bawng-bee-chung-nawh

Socks



Hmawca
 hmaw-kya

Shirt



Angki
 ang-ki

Trousers



Bawngbi sau
 bawng-bee-sau

Skirt



Nu hrukmi hniphor tawi
 nu-hruk-mi-hniphor-tawi

Dress



Nu hrukmi angki fual
 nu-hruk-mi-ang-ki-fual

Jumper



Angki leng
 ang-ki-leng

Shoes



Kedan
 ke-dan

Coat



Angki leng
 ang-ki-leng